

# GROCERY & PHARMACY UPDATE

IN THE CITY OF BROCKVILLE



PICK UP/  
DELIVERY  
OPTIONS

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AS OF APRIL 1, 2020

# GROCERY PICK UP & DELIVERY

IN THE CITY OF BROCKVILLE

## The Butcher Shop | pick up

please call to order  
613-342-0664

## The Cutting Edge | pick up

pre-order & pick up  
613-342-6082

## M&M food market | pick up

online ordering  
613-498-2694 | [www.mmfoodmarket.com](http://www.mmfoodmarket.com)

## The nosh-er-y | pick up\*

\*will arrange for pick up if needed  
613-865-9969

## Real Canadian Superstore | pick up

online ordering with scheduled pick up  
613-498-0994 | [ww.pcexpress.ca](http://ww.pcexpress.ca)

## Wal-Mart | pick up

online ordering with scheduled pick up  
613-342-7783 | [www.walmart.ca](http://www.walmart.ca)

## Instacart | third party delivery service

order online from local retailers: Superstore, Walmart, M&M food Market, Shoppers Drug Mart, and Staples. (The City of Brockville is not affiliated in any way with this service. Please use at your own risk)  
[www.instacart.ca](http://www.instacart.ca)

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# PHARMACY PICK UP/ DELIVERY

IN THE CITY OF BROCKVILLE

Drugstore Pharmacy (Superstore) | free delivery

613-342-3723

Shoppers Drug Mart | free delivery

uptown 613-342-2894

downtown 613-345-1486

Pharmasave | free delivery

613-345-3030

Wal-Mart Pharmacy | fees waived for delivery

cashless payments encouraged

613-342-2672

Parkedale Pharmacy | free delivery

613-342-7444

Leeds Pharmacy | free delivery\*

\*for those in isolation

613-865-8885

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# SERVICES FOR SENIORS & THOSE AT HIGHER RISK

IN THE CITY OF BROCKVILLE

## CPHC | services for seniors

please reach out to CPHC staff if you require assistance (see next page for additional details)  
613-342-3693

## Leeds Pharmacy | enhanced protective measures + free delivery of meds\*

prioritizing seniors and those who are health compromised. Only 2 customers max allowed in the store, spacing indicators on the floor to keep people separated. No lingering or waiting in store. \*will deliver meds for those in isolation  
613-865-8885

## Metro | dedicated hours

dedicated hours for seniors daily 7am-8am  
613-345-4268

## M&M food market | discount for seniors

Tuesday Senior's Discount applies everyday when they order online for pick-up  
613-498-2694 | [www.mmfoodmarket.com](http://www.mmfoodmarket.com)

## Real Canadian Superstore | dedicated hours

dedicated hours for seniors and those with mobility concerns, or compromised health:  
Tuesdays & Fridays 7am-8am  
613-498-0994

## Rexall | dedicated hours

dedicated hours for seniors and those with mobility concerns  
613-342-2672

## Shoppers Drug Mart | dedicated hours & free delivery of meds

dedicated hours for seniors and those with mobility concerns or compromised health:  
daily 8am-9am  
uptown 613-342-2894 | downtown 613-345-1486

## Wal-Mart | dedicated hours

dedicated hours for seniors daily 7am-8am  
613-342-1430

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# CPHC SUPPORT SERVICES

613-342-3693

With the unprecedented impacts COVID-19 is having on our community, those who are isolated like seniors and those less able need support now more than ever, which is why the staff and volunteers at Senior Support Services-CPHC are not going to back-down from this.

They are going to continue to help the people in this community, by bringing them services that are truly needed, right now. "Providing support for people who are isolated in their homes is what we do here every day, we can't just turn away when they need us most." Says Tina Montgomery, Executive Director of CPHC. In this time of need, Senior Support Services-CPHC will be providing the following service to the listed areas:

- **Hot Meals-\$7.75 (Brockville, Prescott & Gananoque Only)**
- **Frozen Meals Entres-\$5.50, Soup and Deserts -\$2 (Brockville, Gananoque, Prescott, Cardinal, Westport, & surrounding areas)**
- **Bring You Medications (Brockville, Gananoque, Prescott, Cardinal, Westport, & surrounding areas)**
- **Make Wellness Calls to Friends or Family (Brockville, Gananoque, Prescott, Cardinal, Westport, & surrounding areas)**
- **Bring You Care Bags of Groceries-\$20 (Brockville, Gananoque, Prescott, Cardinal, Westport, surrounding areas)**
- **Provide Transportation to Urgent Medical Appointments**

You do not have to be a client of CPHC to access these services. Individuals 60+ will have priority, but they are willing to help all who really need it.

We want to reassure you that staff and volunteers are taking the proper steps to ensure everyone who is receiving their services are protected and those providing the services are protected from the spread of COVID-19. " Getting through this very scary, unfamiliar battle with COVID-19 is something we will always remember. If we continue to work together to stop the spread and help those who need it most, we will have much better memories to carry with us, knowing we helped make a difference." says Montgomery.

If you or someone you know is struggling to meet the most basic needs, Senior Support Services CPHC can help. Please call 613-342-3693

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# NOTES ABOUT PICKING UP YOUR ORDER:

Our local retailers are dedicated to offering essential services during this time. In order to help keep them and our community safe, please observe the following precautions when picking up your order:

- Only send 1 member from your household/car to pick up your order
- Do not send children inside to pick up. Ask staff to bring your order to your car, if needed
- If you are feeling unwell, do not enter the store
- Sanitize before entering and after exiting the store
- Use cashless payment options when possible